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Physical medicine in Ayurveda: The hidden treasure

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Ayurveda has many traditional modalities using physical methods. Ayurveda being holistic, physical methods are always intertwined with medication. Ayurveda uses Drug delivery by physical medicine routes to affect Neuro-Immuno-Endocrine axis. Same physical methods can be used to achieve diametrically opposite therapeutic targets. Use of natural resources is a hallmark of Ayurvedic medicine. Though there is a scarcity of modern research the recent trend is moving towards research papers being published in increasing numbers. These papers reveal a rich variety of novel ways of effectiveness in a large spectrum of conditions. In this talk, the author will introduce a selection of Ayurvedic practices and their utility from these perspectives. Author will also explore the areas where proper research can lead to new ways of understanding the full potential of Physical Medicine. Thus, ancient science may guide modern biomedicine.

Biography

V P Joglekar is Professor of Agadtantra (Forensic Medicine and Toxicology) in Tilak Ayurveda Mahavidyalaya, Pune, India. He is coordinator of Vaidya Scientist Fellow Program at Institute of Ayurveda and Integrative Medicine (Now IHST); Bengaluru, India. He is Editorial board member of 4 peer reviewed international journals. He is MD in 2 disciplines Kayachikitsa (Internal Medicine) and Agadtantra (Forensic Medicine and Toxicology). He is PhD supervisor at Maharashtra University of Health Sciences, Tilak Maharashtra Vidyapeeth and University of Pune.

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